

Curb Emotional Eating and Maintain Healthy Eating Habits at Home



Are you finding yourself snacking a lot or eating unhealthy foods while spending more time at home?

It's called emotional eating and everybody can be susceptible to this from time to time.

True hunger starts gradually, and once you're full, the hunger stops. Emotional hunger is sudden, and often arises in the midst of your emotions running high. Emotional eating can result in feelings of guilt and possible lack of nourishment.

We want to help you stay healthy, and feel good about your food choices. Try the following tips to help curb emotional eating and promote more mindful, healthy choices.

Realize you're eating because you're bored

- Ask yourself are you actually hungry
- Can you explain why you are craving certain foods

Have set meal times

- Plan what time your snacks and meals will be in advance
- Gives you a schedule and you can look forward to when the next snack/meal is

Keep foods out of sight

- Out of sight, out of mind
- Put foods in drawers or cupboards instead of lying on the counter
- If you're home office space is close to the kitchen, consider moving into another room

Eat nutrient dense snacks

- The snacks you do eat should be full of nutrients to keep you full until your next meal
- Try high protein foods, fruits or vegetables

Keep yourself busy

- Keeping yourself distracted can shift your focus from being bored and hungry
- Try working in a different room or environment

Measure your snacks

- Measure out a certain amount of a snack and put the rest away
- You are more likely to eat a whole bag of chips than if you measure out a bowl of chips